The Green Runner

THE MONTHLY NEWSLETTER OF STUBBINGTON GREEN RUNNERS www.sgrac.net

JULY 2013

PERFORMANCE OF THE MONTH

Congratulations to Wayne Ewens for completing a DOUBLE Ironman, coming third and above all raising £4,000 in honour of Luke for the Royal Marines Charitable Trust Fund. You can still give to this amazing cause here; www.justgiving.com/wayneewens4luke

"I finished the Enduroman Double in third place and 27.53.09. Great experience and great race in honour of Luke a fallen Royal Marine. Have now raised over £4000 for the Royal Marines Charitable Trust Fund. Great result all round. Thanks those that supported and sponsored." *Wayne*

STUBBINGTON 10K

I'm Chris Brobin; Volunteer Race Director, calling upon all Stubbington Green Runners to help make the 2014 Stubbington 10k our best yet! The race has always been very well attended and we expect approximately 1,800 runners again next year.

Planning is well underway, but we desperately need a committed team of club members to fulfil a variety of roles. You could choose to help right away with the planning team or simply spend a few hours marshalling and helping on the day. Whatever your availability, interests or skills, we will need everyone to pull together, that is for certain. If you have helped in the past, in whatever role and plan to again, please do still get in touch to confirm, so I can add you to my contacts list.

The date is set for Sunday 19th January 2014 when perhaps even the hardiest members of our running community would not wish to venture out of doors, but join the team of Stubbington Green volunteers to show the rest of Hampshire that we are not just good at winning races, we are great at organising them too. Get in touch racedirector@sgrac.net and show us your support. Thanks Chris.

For the fifth year running it's nearly time for the Great Green Stubbie BBQ 2013 BBQ!! (don't forget your umbrellas!)

We return to our favourite venue, the spacious Manor Farm Country Park and the BIG BBQ pit is booked for **Sunday 21st July**. On past history we will be catering for 100+ hungry people so bring the whole family, the more the merrier!

We hope to have one of our coaches take a training run through the park before the main event, so if you're not running in the Bishops Waltham 5 mile then turn up at about 1100 and I'm sure that you'll find some running partners!!

We'll get the BBQ going for 1pmish and will eat between 1 and 3pm. The club will provide plenty of good quality grub including burgers, sausages, chicken thighs etc and a certain amount of salad, other side dishes and paper plates and napkins – all for the bargain basement price of **£3 for adults, £2 for under 12s**! If you'd also like to bring along any additional meat that you fancy, vegetarian food, bread rolls, drinks and cutlery that'll be lovely jubbly.

There are a few fixed picnic tables on site but I suggest you bring along your own picnic tables and chairs to make yourself comfortable. For the kids perhaps bring along footballs, pop up goals, bat 'n' balls etc.

As in previous years we'll organise some games for kids and the young at heart alike to burn off some of those extra calories!

How to get there – the group BBQ (BBQ 6) is located at '**Toplands**' in Manor Farm which is about ¾ mile along the main road into the park on the left hand side, (also marked 'picnic and play area'). Park at the end of the car park and you will see the huge Stubbie banner flying at the western end of the field.

Parking is £2 per car for the day. A few of us will bring gazebos for a bit of shade (storm shelter) so look out for these as well. Don't miss a great day out and the perfect opportunity to carbo-load for those marathon miles!! So that we have a rough idea of numbers, if you are coming along please call or text me, Tim Sullivan, on 0789 6613962 or send an email to tim.sullivan1@virginmedia.com or let me know via the Stubbington Green Facebook page.

Fingers crossed for the weather; it is better than last year so far isn't it?!!
See you there
Tim Sullivan
Social Committee

GOSPORT 5K

9	00:19:14	ROBERTS, Sev
19	00:21:16	LEE, Andy
81	00:27:31	SPENCER, Robert
82	00:27:31	HARPER, Mike

GOSPORT MILE

8	05:16	James SAWYER
9	05:19	Sev ROBERTS
10	05:19	Mike HARPER
26	05:53	Andy LEE
120	09:24	Gemma FLEMING

BRAISHFIELD BEER RACE

39	00:34:11	Tom	Callaway
121	00:40:10	NEIL	STANTIALL

	MAN V HORSE	
147	IAN RACE	04:00:36
168	JON LEIGH	04:07:00
327	ANDY LEE	04:49:47

Alresford 10K

Andy Stockwell 30th 41.09
Tom Callaway 63rd 44.34

4K Run

Jamie Stockwell 26.14

EDINBURGH MARATHON

689	**David Mcneish**	**03:25:01**
1617	**Hannah Mcneish**	**03:44:05**
6779	**Kathryn Davies**	**05:03:12**

LAKESIDE 5

5	Mark Le Gassick	16.29	1	VM40
6	Thomas MacSwayne	16.36	2	JM
15	Simon McMorran	17.07	2	VM50
18	James Sawyer	17.32	9	SM
33	Mike Harper	18.27	4	VM50
39	Sev Roberts	18.35	17	SM
47	Jon Plomer	19.12	5	VM40
57	Jen Elkins	19.37	4	SW
75	Laura Ridge	20.49	5	SW
109	John Salt	23.28	9	VM45
120	Ronel Beukman	24.52	1	VW40
136	Julie Salt	27.05	8	VW45
141	Robert Spencer	27.11	11	VM55
143	David MacSwayne	27.35	20	VM50

D DAY 10K

3	Mark Le Gassick 1 VM40	34.08
10	Simon McMorran 2 VM50	36.09
17	Mark Eaton 3 VM45	37.29
25	Mike Harper 5 VM50	39.25
32	Andrew Stockwell 6 VM40	39.51
46	Louise Wills 5	41.28
124	John Salt 13 VM45	49.05
131	Lucy Guthrie 14	49.39
135	Chris Douglas 18 VM45	50.01
150	Nicola White 17	50.54
155	Alan White 20 VM50	51.05
233	Julie Salt 42	57.41
269	Robert Spencer 11 VM55	1.03.21
291	Sharon Simpson 75	1.08.02

PURBROOK LADIES 5

6	Lucy	May	35.12
12	Lucinda	Le Gassick	37.04
16	Tina	Chantrey	37.05
18	Jo	Parr	37.53
26	Verity	Wright	40.23
29	Nicki	White	40.35
31	Clara	Fordina	41.28
33	Amy	Green	41.46
36	Letitia	Magennis	42.05
52	Sandie	Mcintosh	44.29
53	Sarah	Martin	44.48
69	Clare	Campbell	46.49
74	Sarah	Hobby	47.51
82	Julie	Salt	49.19
86	Debbie	Spinks	49.47
88	Nikkie	Plomer	50.07
99	Julie	James	52.31
108	Sharon	Simpson	54.28
110	Nicola	Wilson	54.56
111	Gemma	Fleming	56.06
113	Sarah	Boddy	56.28
114	Sue	Robinson	56.30
115	Julie	Ashman	56.35
120	Andrea	Gray	58.55

LORDSHILL 10K

8	00:36:05	Simon	McMorran	MV50	2
10	00:36:37	James	Sawyer	MS	8
19	00:37:39	Mark	Eaton	MV40	5
37	00:39:42	Mike	Harper	MV50	3
47	00:40:44	andrew	stockwell	MV40	18
52	00:41:10	Jon	Leigh	MV50	5
53	00:41:23	Liam	Dredge	MS	25
57	00:41:39	Marcus	Lee	MV40	20
65	00:41:59	Louise	Wills	FS	2
113	00:45:20	Daniel	Foster	MS	45
124	00:46:15	Tom	Callaway	MS	47
139	00:47:50	John	Salt	MV40	39
172	00:50:47	Anna	Wilby-Lopez	FS	12
185	00:51:49	Clara	Fordina	FV35	10
187	00:51:53	Nicki	White	FV45	11
246	00:57:27	Aitken	Hughes	MV50	36
258	00:58:28	Alan	White	MV50	38
265	00:58:52	Clare	Campbell	FS	28
281	01:00:10	Julie	Salt	FV45	22
341	01:11:12	Julie	James	FV35	37
342	01:11:45	Sharon	Simpson	FV35	38
349	01:13:36	Gemma	Fleming	FS	39

MacMillan Mile

The MacMillan Mile was a fantastic success on Monday 10th May. Fabulous turnout with over 60 runners taking part and everyone seemed to enjoy themselves – some even went round twice.

The sun shone on us and nobody got lost thanks to Nick's artistic flair with the self-raising flour!! I would like to thank you all for making such a great effort and between us we raised over £130 for this worthwhile cause. Also a big thank you to my team of helpers without whom it would not have gone as smoothly as it did. Let's make next year even bigger and better.

Below are the results for those of you with a time but there were several people who preferred to just run without being timed so my apologies if your name does not appear, your efforts are still very much appreciated.

Sue

Alan White	7.43		Lucy May	6.12
Alison Atwood	7.22		Marcus Lee	6.00
Andrea Yates	7.40		Matthew Trotman	7.41
Andy Simpson	5.19		Mike Bell	6.03
Anna Wilby-Lopez	7.07		Mike Bell	6.20
Annie Trotman	8.10		Mike Harper	5.36
Claire Campbell	9.34		Mike Harper	5.31
Dave Castle	5.01		Nick Kimber	?
Dave Castle	5.00		Nicky Roebuck	6.31
Emma Trotman	7.26		Nicky White	7.35
Eric Beck	7.51		Nigel Whitcher	6.33
Euan McGrath	5.20		Niki Plomer	8.48
Gaynor Heffer	7.31		Paul Hammond	6.32
George Howarth	8.12		Phil Martin	6.19
Gill Rose	6.29		Phil May	7.19
Graham Bell	7.23		Pippa Elston	9.19
John Blake	5.55		Rachel Openshaw	6.23
John Leigh	9.51		Robert Spencer	8.30
John Salt	7.35		Sally Townsend	9.52
John Vose	9.04		Sandie McIntosh	8.36
Julie Salt	8.16		Sarah Boddy	9.17
Kaelum Duggan	9.34		Sarah Smith	9.26
Kathryn Davies	7.43		Steven Andrews	6.27
Kevin Ashman	6.58		Stuart MacNamara	8.11
Laoise Magennis	7.18		Sue Robinson	6.05
Lewis Chalk	4.59		Susie McGregor	6.19
Lisa Nicholson	10.53		Tina Chantry	6.43
Lorraine Small	10.42		Tommy Blake	7.47

COUNTY SELECTION FOR TOM

by Penny Forse

Running for Fareham & Gosport Schools' team in the Hampshire County Schools Championships on Saturday 8 June, Tom MacSwayne gained a bronze medal in the Intermediate Boys 3000m in 9m37.8s.

Unfortunately a strong wind prevented another pb. With only 2 runners selected for each event at the South-East County School's match the following weekend, Tom thought his chances of county selection were slim. However he was selected instead for the 1500m at Basingstoke on Saturday 15 June against Kent, Surrey & Sussex Schools and, again in very windy conditions, came 6th in 4m27.2s. The extra speed required for the1500m & 3000m should help Tom continue & improve on his recent successes in the Parkrun & Lakeside 5kms.

THE BRADING 10K

Living on the Isle of Wight I joined the small field of 70 for the Brading 10K on June 16th, which I know quite a lot of SGRs have done in previous years. The numbers have dropped significantly since the race ceased to be the islands HRRL event. It's certainly a lumpy old course & tests most runners! Two of us broke away from the start & I was really pleased to come home in second place in 36:21, my quickest on the course & 1st V50. Given that most of the field lived on the island it certainly raised a few eyebrows when I collected my prizes as a SGR

Simon McMorran

Stubbington 6.05 Special

Departs the Old Wickham Halt at 7pm on Friday 26th July

This year's Stubbingon 6.05 Special takes place on Friday 26th July meeting at 6.30pm for a 7pm start. It will be a flat 10K run (5K out and 5K back) along the old railway line in Wickham and it is only a short walk from Wickham Square although there is plenty of parking in the cul-de-sac off Mill Lane right by the start. The track is suitable for road shoes and studs, hopefully there will be very few muddy spots but we will give an update on conditions nearer the date. We are also organising a shorter course of 2 miles for walkers and runners coming back from injury so bring the family and make an evening of it.

After the race we are going to retire to The Black Dog pub in Waltham Chase for some refreshment, both liquid and solid! They serve a variety of basket meals (including a vegetarian option) for £4.95 and are happy for us to order when we arrive. You could also order from the pub menu if you wanted something more substantial. To get to The Black Dog from Wickham, turn right at the southern end of the Square onto Winchester Road towards Bishops Waltham and The Black Dog is 2 miles on the left hand side.

We have invited members of Hedge End Club to join us and so look forward to a really fun evening with some friendly rivalry on the run and lots of banter in the pub afterwards.

It would make life easier for both the organisers and the folk at the pub if we could have a rough idea of numbers and so please email me (sue.robinson@cdata.co.uk), call or text me (07768 86033) or put it on the Stubbington Green Facebook and let me know you are coming along and how many you will be.
Hopefully the sun will be shining and we will all have a great evening. See you there!

FROM THE CHAIR

Well, what an action packed month that was! From the early hours of Saturday 1st June, when four teams set off for Beachy Head for the start of South Downs Way Relay, and many of the beginners completed their first ever Park Run at Netley Abbey, through to the successful Chariots of Fire Run along Meon Shore, June was an event filled month to remember! The one constant throughout has been the enthusiasm and vibrancy that has been noticeable at all these events and at training nights too, which is really pleasing and makes it all worthwhile for organisers and leaders. Even the wet RR10 at Alver Valley failed to damped our enthusiasm, and thanks to all who supported this event, and to Paul for the overall organisation.

I won't go on to mention every single event as I know that there are reports and mentions elsewhere. Just a quick mention through of the upcoming events In July, including the family BBQ at Upper Hamble, and the return of the 605 Special, a Friday evening social run along the old Wickham Railway line with the visit to a local pub afterwards, as well as RR10's and the ever popular training nights. I do hope you can get along to some of these events, and continue to enjoy them. Planning is also well underway for the Christmas / Awards night on 30th November too, your social committee are certainly not sitting back, that is for sure, so please do continue to support these events.

Also progressing well is the planning for our 10k next January. Chris Brobin is proving to be an enthusiastic Race Director with lots of ideas on how to make it even better than previous years, but I know he will need a bit of help. So if you can please get in touch with him to lend your support in whatever capacity you can, it would be appreciated.

On the running side all the teams performed brilliantly on the South Downs Relay, and congratulations to Wayne Ewens on his fantastic Double Ironman achievement. It is also pleasing to see so many on the newer members getting involved in races too, many members are enjoying the Park Runs, and it was good to see the turnout at the Purbrook Ladies race. It has been great to hear all the stories being exchanged and encouragement being given on the ever popular training nights. We also had the revival of the McMillan Mile too, and once again a great turnout, and bit of fun, and £132 towards McMillan Nurses too.

Thank you all for getting involved and supporting all the training nights, events, races and activities being arranged, it is really very rewarding for all the leaders and organisers to see so many happy faces enjoying the sport of running.

Happy running everyone. *Graham*

CAPTAINS CORNER

Well June has been an action packed month with 2 South Down Relays and Half Marathon, 3 RR10's (hosting and organising our own one), Lakeside, Purbrook, Man v Horse, Slateman Tri, Puddletown Plod, D-day 10k, Chariots of Fire Beach Run and time trial to mention but a few!! At these races Stubbington has amassed a lot of silverware starting with our brave souls at the South Downs Relay 100 mile event with Ladies narrowly beaten in to 2nd place by Hailsham, A team was 2nd, Vets and B team were on the podium each coming 3rd, see separate write ups. A week later two teams entered in the South Downs Marathon Relay with the Stubbington Outlaws finishing 4th overall and Stubbington Pirates committee team were 21st.

In D-Day race, we saw the Men's team scoop the 1st team prize on count back of the third runner and then the Vets team prize with Mark Le Gassick winning 1st V40, Mark Eaton 3rd V45 and Simon McMorran 2nd M50. The ladies ran well picking up the 3rd team place with Louise Wills 3rd senior lady and Nicola White 2nd V45.

Purbrook 5 ladies race saw the silverware keep coming with Lucy May 2nd Senior, Lucy Le Gassick 3rd V35 and Sandie McIntosh 2nd V50.

Father's Day saw 5 men throw themselves into Puddletown 20k which was a great race and three 2nd places were achieved Lewis 2nd overall, myself 2nd V40 and Graham Bell 2nd M45.

Currently in the RR10 series the teams are Men 5th and the Ladies 3rd and Helen Nichols leading the ladies event.

After 2 races in the Lakeside series Stubbington Green are 2nd in the team event behind City of Portsmouth AC. In the individual standings we have 3 leaders Mark Le Gassick V40, Simon McMorran V50 and Tom MacSwayne Junior.

We would like to say a big thank you to people who marshalled at our RR10 the other week, when the weather wasn't the kindest! Paul Hammond thank you once again for organising our RR10, undertaking the recces of the course with the marshals and all the behind the scenes activities that go on, to put on a race.

Thank you also to the people who gave up their time for our South Downs Relay teams to be drivers for a day and the marshals up at Harting Hill without you guys we would not have been able to run so freely and compete so successfully on the day.

Over the next month we have a few social events coming up with the Stubbie Barbeque on 21st July down at Manor Farm which is always a good afternoon of fun with all the family. There's an organised run before we eat and games on the field after we've eaten to run off those burgers and sausages! On Friday 26th July is the 6.05 Special, which is run as an out and back on the old Wickham Railway line, with two distances totalling 6 miles or 2 miles. After the run we will be going on to the Black Dog pub for some food.

Training for the autumn marathons has started with Stubbies running in various races including Abingdon, Berlin and Loch Ness. Good luck to all with your training. This Autumn I will be running the Loch Ness marathon and this will be my third marathon after a 12 year absence!

Finally the Southern Road Relays are happening on 21st/ 22nd September up at Aldershot, please let your Captains know if you're interested in representing your club in this high class race.

Enjoy the training, races and the social side of running over the next month. Lets keep the silverware coming!
Andy and Sally

Hampshire County Track & Field Championships, Portsmouth on 25 / 26 May – Penny

Lewis Banner won his heat of the 800m then later in the day narrowly missed out on the medals in a close fought final. Having missed a month's training with a hamstring injury this augurs well for faster results from Lewis later in the season, when he has had a chance to sharpen up with his speed and speed-endurance training.
Following that it was Tom MacSwayne's chance to see if he could improve on his 3000m time in only his 2nd attempt at the distance in his first ever track season. Although just missing out on a medal he was rewarded with a massive pb by 23s!
Sunday afternoon and Tom was again on the start line, this time against a more experienced & tough group of athletes in the 1500m. For his first attempt at the distance he came a very good 7th .
Well done to Lewis & Tom.

Lewis Banner SM 800m 1st in Heat 2m02.10s; 4th in Final 2m00.13s
Tom MacSwayne U17M 3000m 9m29.25s pb (AAA Grade 4); 1500m 7th 4m23.26s (AAA Grade 4)

VIEW FROM THE COACH

The beginner's course came to a successful end at the start of June with most of the runners completing their first 5km Parkrun at Netley Abbey. It was a beautiful morning and everyone did tremendous well, a great achievement starting from nothing to 5km in 8 weeks; they have all worked so hard. The beginner's have now graduated into the general Monday night training session at 6.30pm and are improving each week. So much so that we had a record number of ladies taking part in the Purbrook Ladies 5 miles on Sunday 16th June. This is an undulating course so a tough first race to enter. I'd like to thank all the helpers who supported me week after week, your encouragement and knowledge really does help .

Verity

Beginners' Parkrun June 2013

Purbrook Ladies 5 miles 2013

We've been trialling Thursday night training sessions at Holly Hill over the last few weeks and these have been proving to be successful with a turnout of 20 runners of mixed ability. Some of our recent new members and beginner's have also been turning up and enjoying these sessions so it has been decided that during the summer months when Thursday night training sessions are at Locks Heath we are going to continue to meet at Holly Hill car park in Sarisbury Green (opposite the infant school). I have met with Penny Forse who has gone through her training sessions with me and the next 2 months sessions are detailed her and on the website

Thursday night training sessions 6.30pm

4th July	4 mile Time Trial	Stubbington
11th July	1 km Loops	Holly Hill, Sarisbury Green
18th July	5 x 300m (100m walk)	Stubbington
25th July	RollerCoasters	Holly Hill, Sarisbury Green
1st August	4 Mile Time Trial	Stubbington
8th August	Hill Sprints	Holly Hill, Sarisbury Green
15th August	2 x 12000m (400m walk)	Stubbington
22nd August	Farklet	Holly Hill, Sarisbury Green
29th August	4 x 600m (200 walk)	Stubbington
5th Sept	4 mile Time Trial	Stubbington
12th Sept	1 km loops	Holly Hill, Sarisbury Green
19th Sept	5 x 500m (200 jog)	Stubbington
26th Sept	RollerCoasters	Holly Hill, Sarisbury Green

CLUB KIT

Looking for club kit?

Eric Beck is your man his email is eric65beck@virginmedia.com mobile 07828172475 home number after 3.00 pm 01329 847790 and address 65, Fareham Park Road, Fareham, PO15 6LF he normally attends the Monday session at Whiteley and Verity's Thursday group. Or you can order on the website

RR10 BLACKFIELD

10	SIMPSON Andy
27	EATON Mark
32	WHITE Mike
45	BELL Graham
46	STOCKWELL Andy
57	KEEN James
62	MCGRATH Euan
71	PLOMER Jon
72	SULLIVAN Tim
75	ABBOT Matthew
76	DREDGE Liam
88	CRANE Nick
90	BLAKE John
95	RICHARDSON Neil
98	LEE Marcus
107	LEIGH Jon
118	MAY Phil
152	WHITCHER Nigel
168	SALT John
171	STREET Glen
172	ASHMAN Kevin
182	WHITAKER Keith
186	TUSSLER John
197	BANNER Martin
204	HOWARTH George
205	SPENCER Robert

4	NICHOLS Helen
24	MACGREGOR Susie
29	MITCHELL Donna
33	ROSE Gill
34	OPENSHAW Rachael
72	ABBOT Louisa
73	WOOLFORD Jennet
102	WHITE Sharon
104	BOWDEN Julie
107	ASHMAN Julie
112	MCINTOSH Sandi
118	HALL Liz
129	STREET Caroline
130	SALT Julie
140	ROBINSON Sue

ROSE Gill	17
MITCHELL Donna	18
OPENSHAW Rachael	21
PARR Jo	27
GULLIVER Hilary	28
MAY Lucy	37
WILBY-LOPEZ Anna	39
WHITE Nicki	50
MAGENNIS Laoise	51
EVANS Lara	64
DONN Lisa	65
ABBOT Louisa	73
WOOLFORD Jennet	77
MCINTOSH Sandi	85
MARTIN Sarah	87
HALL Liz	96
KITCHER Vix	99
ROBINSON Sue	114

RR10 MANOR FARM

SIMPSON Andy	7
WHITE Mike	26
EATON Mark	27
HALL Chris	35
BELL Graham	38
MCGRATH Euan	55
DREDGE Liam	64
SULLIVAN Tim	66
MCWILLIAMS Ben	70
LEE Marcus	74
RICHARDSON Neil	87
BLAKE John	88
MCGAW Chris	105
HAMMOND Paul	109
KIMBER Nick	111
BELL Mike	112
SNELL Richard	118
FOSTER Dan	121
CRUMPTON Tim	125
JACOB Paul	127
WHITCHER Nigel	138
MAY Phil	140
WHITE Alan	150
COVERDALE Paul	156
SOUTHON Paul	167
COX John	174
TUSSLER John	175
WHITAKER Keith	181
HOWARTH George	191
STINSON Allan	207

CHEESY CHIPS

Following the success of the first RR10 post race pub gathering, please find the complete list below together with website address (where there is one) and a post code so that the Sat Navs can find their way. Look forward to seeing you.

Date	Venue	Pub	Website/Address	Post Code
Jul-10	Marwell	The Fishers Pond	Main Road, Fishers Pond	SO50 7HG
Jul-24	Janesmoor Pond	The Green Dragon	Brook	SO43 7HE
Aug-07	Itchen Valley Country Park	The Master Builder	Master Builder	SO30 3AH
Aug-21	IBM Hursley Park	The Dolphin	The Dolphin	SO21 2JY

SOUTHDOWNS HALF MARATHON

NEIL RICHARDSON	01:46:31
JULIE WOODMAN	02:34:25

STUBBINGTON PIRATES 03:40:06 21ST

KEVIN ASHMAN
VERITY WRIGHT
GRAHAM BELL
LUCY MAY

SOUTHDOWNS MARATHON RELAY

THE STUBBINGTON OUTLAWS 03:06:33 4TH

JEN ELKINS
NICK KIMBER
LIAM DREDGE
JAMES SAWYER

I have taken on the task of reporting the results of those Stubbies who have taken part in the parkrun series to Richard for inclusion in the GreenRunner. In view of the large number of parkruns I am only concentrating on searching for those in the four main local runs of Netley, Eastleigh, Havant and Southampton so if you run in any others apart from these four could you please email me the date, venue and your time to john_tussler@hotmail.com so that I can include them on the list. Many thanks for your co-operation. John

Netley 1 Jun	
David McNeish	18.05
Jon Plomer	19.24
Tom Calloway	20.18
Donna Mitchell	21.23
Daniel Foster	21.51
Phil Martin	22.09
Phil Hobby	22.47
Paul Southon	23.35
John Salt	24.06
Harry Martin	25.44
Rachel Leach	26.57
Sarah Martin	27.42
Sarah Hobby	28.18
Sue Simister	30.08
Robert Spencer	30.58
Sev Roberts	31.59
Nikkie Plomer	32.13
Sarah Smith	33.09
Elizabeth Martin	33.10
Sarah Boddy	34.50
Sue Robinson	34.52
Susan Andresier	35.37
Andrea Gray	36.13
Andrew Smith	36.41
Rachel Richardson	36.53
Stuart McNamara	36.58
Amanda Davies	39.17
Hannah Gray	41.09
Julie Salt	41.11
Emma Nimmo	43.27
Eastleigh 1 Jun	
Glen Street	25.30
John Tussler	27.03
Keith Whitaker	29.23
Caroline Street	33.21
Havant 1 Jun	
Joanna Parr	24.15
Wythenshawe 18 May	
Tim Matthews	23.34

Netley 8 Jun	
Tom Callaway	20.05
Donna Mitchell	20.46
Phil Martin	21.10
Chris McGaw	21.12
Stephen Andrews	22.07
Nikki Roebuck	22.30
Paul Southon	23.01
John Simister	23.20
Joanna Parr	23.23
Glen Street	23.28
John Tussler	25.02
Russell Mead	25.19
Lucy Window	27.16
Sarah Martin	28.03
Michelle Simpson	28.25
Jules Dinwoodie	28.44
Jaz Smith	29.41
Sue Simister	29.52
Caz Lee	30.20
Lisa Nicholson	34.37
Emma Nimmo	40.41
Andover 8 Jun	
Keith Whitaker	25.01
QE Park 8 Jun	
David Langrish	24.01
John Salt	25.40
Greenwich 8 Jun	
Robert Spencer	28.04
Andrew Smith	34.47
Frimley Park 8 Jun	
Lewis Chalk	16.58

Netley 15 Jun	
James Sawyer	18.12
Mike Harper	18.46
Andy Stockwell	19.43
Jon Leigh	19.47
Louise Wills	19.52
Liam Dredge	20.05
Chris McGaw	20.07
Tom Callaway	20.13
Daniel Foster	20.33
Nick Kimber	20.52
Marcus Lee	20.56
Susie MacGregor	21.07
Lucy May	21.28
Nikki Roebuck	22.08
Paul Southon	23.03
Russell Mead	24.24
John Salt	24.24
Jamie Stockwell	26.08
Dudley Malster	26.13
Tommy Blake	27.09
John Blake	27.10
Jules Dinwoodie	28.35
Caz Lee	30.20
Wendy Holloway	35.16
Julie Salt	38.50
Eastleigh 15 Jun	
Glen Street	25.23
John Tussler	26.58
Keith Whitaker	29.23
Southampton 15 Jun	
Mark Le Gassick	16.36
Laura Ridge	21.48
Lewis Chalk	21.48
Robert Spencer	26.42
Andrew Smith	34.27
QE Park 15 Jun	
Chris Hall	20.31
David Langrish	23.41

Netley 22 Jun	
Tom MacSwayne	18.20
Andy Stockwell	19.44
Chris Leach	20.35
Chris McGaw	21.08
Tom Callaway	21.13
Daniel Foster	21.31
Sev Roberts	22.58
Rachel Openshaw	23.16
Paul Southon	23.41
Stephen Andrews	24.03
Glen Street	24.04
John Salt	24.28
Russell Mead	25.46
John Tussler	25.53
Kelly Bennetts	27.47
Rachel Leach	27.56
Caroline Street	29.31
Jules Dinwoodie	29.38
Jaz Smith	30.21
Nikkie Plomer	30.24
Julie Salt	30.40
Allan Stinson	31.02
Julie James	32.05
Sharon Simpson	36.51
Eastleigh 22 Jun	
Andy Richardson	25.35
Keith Whitaker	29.52
Havant 22 Jun	
Chris Hall	19.43
Southampton 22 Jun	
Kathryn Davies	26.44
Brockenhurst 22 Jun	
Mike Harper	19.54
Winchester 22 Jun	
Paul Coverdale	23.36
Ipswich 22 Jun	
Robert Spencer	29.04

The Puddletown 20k Plod

5 Stubbington Males ventured to Dorset to enjoy 20km's of beautiful Puddletown scenery. Anne and Tommy Blake, along with Salt Junior, were fabulous supporters on the day and captured some excellent pictures.

So the 5-piece, consisted of Graham Bell, Lewis Chalk, John Blake, Andy Simpson and John Salt, all of whom entered the race not fully aware of the hilly terrain, all came away with new race t-shirts and enjoyed lots of free chocolate and ice lollipops!

The 20km race started with a nice hill which Simmo quickly tackled and then held onto the lead until the 2km mark. At this point, Lewis along with Ian Habgood, Simon Monro and Rick Weston, took the lead and headed towards the ominous hill at 4k. From here on in, Habgood of Bournemouth ran ahead of everyone else and finished the race in 69:12. Lewis ran a consistent race, finishing in second place, breaking the 70 minute barrier in a time of 69:43.

Andy Simpson maintained a good speed until the finish and is looking good for his September Marathon. He is practicing carb loading already and there is no doubt his dark chocolate is like rocket fuel! He finished in sixth place in 72:35 with Graham Bell running strongly down the final hill and always maintaining a smile for the cameras! Graham recorded a time of 78:15 ahead of John Blake who followed in with a strong finish for 89:53. John Salt completed the team with a time of 1:44:33 and then took part in a few celebratory photographs.

All runners said afterwards that the first 5k was the hardest part of the race and once this was enjoyed / endured, the next 15km was rather pleasant! And what made the race even more enjoyable, was that upon returning home, Andy, Graham and Lewis received the good news of winning prizes! Lewis won 2nd Male overall, Andy 2nd Male 35+ and Graham Bell 2nd Male 45+

Andy later commented on Facebook, "…didn't expect to win anything. We all ran well and good course. Great t-shirts as well." Graham Bell added, "…that is a nice surprise. Great race, 2 t-shirts, mars bars, and a free choc-ice / ice lolly (or two for some people!!!)" John Blake concluded by saying, "…I'd certainly do it again. Great value race through some lovely countryside…and lunch afterwards was great!

I have no idea who Graham was referring to with his comment about two choc-ices??? They did taste great though!!!
Cheers, Lewis Chalk

MIDSUMMER 5 ROAD RACE ON WEDNESDAY 19TH JUNE 2013

2	Lewis	Chalk	26:41
72	Laura	Ridge	35:41
154	Mike	Wooten	42:25
191	Robert	Spencer	45:20

London 10K 27th May

Rachael Leach	55:29
Michael Wootton	57:27
Robert Spencer	57:27

THE NEW LOOK TIME TRIALS

June's time trial was run in some windy conditions which might explain why some people struggled to improve on their best time. Although that said, we saw 11 out of the 39 runners improve on their time with 5 runners knocking over a minute off their best times Sarah Martin, Clara Fordina, Sandie Mcintosh, Julie Ashman and Phil Martin. This month's winner of the biggest monthly improver was Sarah Martin who knocked 3.56 minutes off her best time and won an array of Maltesers goodies. Sarah currently leads her handicap category 35+. The other leaders of their handicap groups are Graham Bell by 1 second in the under 25, Jon Plomer 25.01-28 mins, Phil Martin 28.01-31 mins and Paul Southon 31.01-35 mins.

It was great to see 16 new runners turnout this month and although we only totalled 39 runners, this was due to lot of people having marshalled at our RR10 the day before. The next time trial is on 4th July and for anybody who hasn't run before there is a map and instructions going on the website. The course is a very easy to course to follow or to follow someone around. So don't be shy, let's see if we can get loads of people running this month's one. After the time trial there are drinks in the Red Lion afterwards, for rehydrating and announcing the monthly winner of best improver with a prize for the winner.

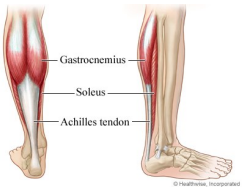
Please see all the results and times below and how everyone is doing the in their respective handicap groups.

Name	April	May	June	Difference
				1st - Best
Graham Bell	24.24	23.36		-0.48
Mark Eaton	24.55	24.50	24.08	-0.47
Andy Simpson	22.19	21.49	22.16	-0.30
Lewis Chalk			22.06	
Tom MacSwayne		22.11		
James Sawyer		22.49	23.01	
Chris Brobin		23.04		
Mike White	24.14			
Chris Hall	24.19			
Tom Whitcher	24.42			
Dave Jeffery		24.50		
Jon Plomer	27.55	26.16		-1.39
Susie MacGregor	27.55	26.47	27.00	-1.08
Mike Harper	26.24	26.01	25.35	-0.49
Neil Richardson		27.20	26.57	-0.23
Richard Snell	27.48	27.27		-0.21
Andy Lee	26.22	26.04	27.58	-0.18
Jon Leigh		25.32	25.58	
Andy Stockwell		25.45		
John Blake	25.44	26.11	26.26	
James Lee		26.03	26.15	
Ray Gunner	26.12			
Nick Kimber		26.22		
Rich Chowns	26.47			
Nick Crane	26.55	27.11	27.19	
Ian Race			27.02	
Mike Bell	27.17			
Liam Dredge			27.45	
Daniel Foster			27.58	
Gill Rose		28.00		

Name	April	May	June	Difference
				1st - Best
Philip Martin		30.01	28.28	-1.33
Mark Millard	29.26	28.19	28.28	-1.07
Keith Whittaker	30.41	30.06	30.30	-0.35
Philip May		28.46	28.32	-0.14
Laura Ridge			28.09	
Stephen Andrews	28.15	28.15		
Tom Callaway		29.01		
Nikki Roebuck		29.12		
Kevin Toal			29.22	
Rachael Openshaw	29.25			
Jo Parr			29.27	
Keith Carter	29.47			
Nigel Whitcher	30.05		30.36	
John Salt			30.32	
Paul Coverdale		30.32		
John Simister			30.50	
Paul Southon	32.57	31.01	30.27	-2.30
Clara Fordina		34.39	32.45	-1.54
Hilary Gulliver	31.50	30.01		-1.49
Kevin Ashman	32.12	31.12	35.16	-1.00
Verity Wright			32.09	
Kevin Tyler			32.24	
John Tussler		32.31		
Gaynor Heffer	32.57			
Laoise Magennis			33.38	
Heather Hudson		33.42		
Lucy Window			34.10	
Sarah Martin	40.41	39.18	35.22	-5.19
Robert Spencer	39.48	35.53	35.51	-3.57
Sandie McIntosh		38.13	35.22	-2.51
Sue Robinson	40.37	38.14		-2.23
Julie Ashman	36.57	38.30	35.16	-1.41
Eric Beck		35.53		
Kelly Bennetts			35.37	
Sarah Hobby			35.54	
Ann Blake			37.22	
Sharon White		39.18		
Mike Wotton	39.48			

Achilles Tendinopathy/Achilles Tendonitis

by Gill Rose LSSM (Dip), MISRM
http://www.sportsandremedialmassagehampshire.com/



Your Achilles tendon connects your large calf muscles (gastrocnemius and soleus) to your heel bone and is used in the push off phase of the gait cycle in walking and running. When you contract your calf muscles, tension is placed through the tendon and when this tension is too great (due to high force or repetition) it becomes damaged. This most often happens through gradual wear and tear through overuse but can also occur with sudden force.

Achilles Tendinopathy is an over use condition characterised by degeneration of the tissue (collagen fibres). It was previously thought to be an inflammatory condition, hence the name Achilles tendonitis. It accounts for about 10% of all running injuries and older runners are more susceptible to the condition.

Symptoms

- Usually gradual onset of pain at the back of the ankle above the heel bone over a period of weeks or months
- In milder cases this may just be an ache or stiffness that increases with rest e.g. worse in morning, or with activities that place stress on the tendon (hill running/walking, jumping, calf raises etc)
- Achilles pain when you start exercise then fades as you continue, though may get worse with activity as the condition progresses, or if acute
- Swelling and tenderness
- Thickening of the tendon
- Weakness
- Nodules/lumps in the Achilles tendon

Treatment

- Rest from activities that aggravate the injury until you are pain free, ice it regularly and perform gentle calf stretches
- Make sure you have the right running shoes
- Increase your core strength and stability as well as your glute strength as weaknesses in these areas can put stress on your lower leg and Achilles
- See a good sports massage therapist who can apply neuromuscular and soft tissue release techniques to your calves and Achilles, and advise on good strength exercises
- Only return to activity once you are pain free and then introduce it gradually

Common Causes

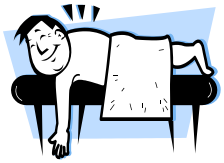
- Increase in activity (distance, speed or hills). Excessive walking, running or jumping exercises
- Sudden excessive force through the tendon e.g. sudden acceleration or forceful jump

Predisposing factors

- Weak calf muscles
- Decreased range of motion at the ankle joint, usually caused by tight calf muscles
- Insufficient recovery time between activities
- Change of footwear/wrong footwear
- Change of training surface
- Overpronation which can place an increased strain on the Achilles tendon
- Wearing high heels constantly shortens the tendon and calf muscles. Subsequently they are stretched beyond their normal limit when you exercise in flat shoes

How to avoid it

- Warm up well before exercise and cool down after exercise and perform static stretches
- Make sure you get enough rest and recovery between sessions and avoid overtraining
- Wear appropriate footwear that is not worn out
- Work on calf and ankle mobility/stretching
- Have a regular sports massage to keep your calves supple and address muscle imbalances



Warning!

The Achilles Tendon often heals slowly due to its poor blood supply but if you look after this injury early enough and don't ignore those initial warning signs (achy stiff Achilles), you should make a good recovery. If you do not do this then it may become chronic which is very difficult to treat.

Stretch of the month (Soleus)

Stand facing a wall, place your one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and both knees bent. Push your front knee forward towards the wall to feel a stretch in the lower calf (Soleus).

Strength of the month (Soleus)

Stand with your toes on the edge of a step with your knee bent. Rise up onto your toes and hold. Slowly control the movement back down.

Stubbington Green Runners: Social Events 2013

Jul			
Mon 1st	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930ish
Thurs 4th	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
Wed 10th	Meet at the Fishers Pond after the Marwell RR10	Fishers Pond	2030/2100
Sun 21st	BBQ at Manor Farm Country Park	Manor Farm	1200
Wed 24th	Meet at the Green Dragon after Janesmoor Pond RR10	Brook	2030/2100
Fri 26th	6.05 Special at Wickham followed by drinks at a local pub TBA	Wickham	1830 for 1900
Aug			
Thurs 1st	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
Mon 5th	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Wed 7th	Meet at The Master Builder after the Itchen Valley RR10	West End	2030/2100
Wed 21st	Meet at The Dolphin after the Hursley Park RR10	Hursley	2030/2100
Sep			
Mon 2nd	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Thurs 5th	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
Fri 6th	Fish 'n Chips Handicap at Warsash	Warsash	Finish at 1915
Oct			
Thurs 3rd	Drinks at the Red Lion after the Time Trial	Stubbington	1945ish
Mon 7th	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Nov			
Mon 4th	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Sat 30th	Awards Night Dinner at David Lloyd	Port Solent	1900 for 1930
Dec			
Mon 2nd	Gather for a drink at the Parson's Collar after 'Newbie Night'	Whiteley	1930
Sun 15th	Mulled Wine Handicap - Fancy dress a must!	Warsash	Finish at 1100

Social Update

June was a great month on the social front. The get together in the Parsons Collar on the first Monday had lots of people there including many of the beginners who had just completed their course.

It has been great to see so many of them continuing to attend Club events, both training and social. We had a fantastic turnout for the Macmillan Mile and raised over £130 for the charity –the results are elsewhere on the page. The Chariots of Fire was also a great success and Nick counted 48 runners at the start. The weather smiled on us again and there are some great photographs on Facebook with thanks to Tracy Bell and Jon Plomer. Nick did a great job with the sausages and I think we definitely need to make this an annual event.

July has the Stubbington Green annual BBQ at Manor Farm on Sunday 21st and on Friday 26th the 6.05 Special will depart from Wickham Station, again details are elsewhere on the page. Hope as many of you as possible can make these events.

Finally I just wanted to let you all know that the Awards Night has been booked at David Lloyd in Port Solent and will take place on Saturday 30th November, 7.30 'til midnight. The cost will be approximately £20 per head for a three course meal and disco. More details will follow but please mark the date in your diary, it is a great opportunity to applaud those that have had significant success but also a chance to kick your heels up and have a great time.

Thanks to you all for making the social events such a success and I look forward to seeing you at the future ones.

The Stubbington Noticeboard

Jul-13	Day	Effort/Activity	Recovery	Where	Who
2nd July	Tues	6 x 1km at Chilling	2 min	Locks Heath Cntr	Mike White
4th July	Thurs	4 Mile Time Trial	Red Lion	Eric Road, Stub	Andy Simpson
9th July	Tues	Steady 4/5 Mile (Pre RR10) or 1,2,3,4,3,2,1min. - Warsash Common	60s	Locks Heath Cntr	Mike White
11th July	Thurs	4 x 300 (150 recovery); 4 x 150 (150 recovery); 4 x 100 (150 recovery)	walk/jog	Crofton	Graham Bell
16th July	Tues	5 x Brownwich loop	2min	Locks Heath Cntr	Mike Bell
18th July	Thurs	4 x 900 and 4 x 300 track session		Crofton	Mike Harper
23rd July	Tues	Steady 4/5 Mile (Pre RR10) or Chilling Field 10 x 1 min hard	2min	Locks Heath Cntr	Jon Leigh
25th July	Thurs	2 sets of 6 x 300 with 150 jog recovery	3mins between sets	Crofton	Graham Bell
30th July	Tues	2 x 2miles	3min	Locks Heath Cntr	Mike Bell

6.00PM MONDAY NIGHT AT WHITELEY

Monday 1st July	**Long hills (jog back to cul-de-sac); sprint to notice board (jog back down)**
Monday 8th July	**Forest rectangle - about 940m (RR10 on the10th) 4 - 8 laps of long sides fast / short sides jog**
Monday 15th July	**Leafy Lane 1.1km loop - 3 - 7 laps fartlek**
Monday 22nd July	**Forest rectangle - about 940m (RR10 & Lakeside 5km on the 24th) 4 - 8 laps of short sides fast stride / long sides jog**
Monday 29 July	**Pyramids of short hill sprints**

Who's who

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Social Secretary Sue Robinson

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The Green Runner

THE SOUTHDOWNS RELAY SPECIAL EDITION

THE VETS

As Vets we love The South Downs Way Relay. It is one of life's great team running races. It's a race where you are totally reliant on your team, both runners or drivers. The preparation is hard to comprehend. You recce your three legs and as many other as you can just to give your team the best chance of success & flexibility. Each of us ran hundreds of South Downs Way miles since we were told we were representing Stubbington Green. It's a tough day where you give everything and leave nothing in reserve. It is brutal whether your body of a Vets age or not!

Unlike most races you can spend much of your day running on your own. This makes pacing and motivation more challenging. All you can do it run each leg as hard as you can whilst using your recce knowledge to maximise where you push and where you need to keep a little back.

We set off aiming to win, we set our goals high, and we told everyone our plan. We have won before so why not try again! You can not win a race like this without pushing your physical & mental limits. We came third. Whilst we were disappointed not to win we were beaten by better teams! Saying that we can not complain as we finished 3 minute ahead of our predicted time. Now that's not bad over 100 miles of trail racing. Could we have run any faster, I don't think so as we all gave everything and possibly a little more. Did we have a great day, YES, we all loved it & will be back if we make the grade:-)

As captain of the Vets team I have to say a massive thank you to my runners Graham 'Chairman' Bell, Andy 'remember to charge your watch' Stockwell, Mark 'whatever target you set I will smash' Eaton, Mike 'Mountain Goat' White, Dave 'run fast I have a concert to get to' Jeffery. You all for putting you heart soul & every bit of glycogen you had into this great day.

To our awesome chauffeurs & team cake makers Tracy Bell & Kevin Ashman, not only did you support and drive on the day but supported all through our recce adventures. For that we all thank you.

Euan

South Down Relay A Team Report – Andy Simpson

The South Downs Relay (SDR) is always on my calendar as the highlight of my running calendar and with very good reason, as it's an awesome day of racing and team bonding. This year was no exception from the 4 teams we had racing on the Downs.

The A team had the last start time at 9.00 which meant we got a bit extra time in bed. It also meant we slotted in with the fastest teams and we were up against 2 very good Brighton teams in Phoenix and Brighton & Hove AC. The team was Lewis Chalk, Liam Dredge, James Sawyer, Daragh Hendley, Chris Brobin and me. The two Stigs driving the hot and sweat team around were Ray Gunner and Del Grainger.

No issues with people over-sleeping just a small matter of the loos not open at the start by the council!! After 9 consecutive starts of SDR for myself I found for the first time that I was starting the race over the notorious Seven Sisters leg. My customary start was to lead from the front and it soon became clear after a mile that it was a two horse race, with me and Phoenix, who hadn't recced the leg and tucked in behind me for the first 2 miles.

He got confident to pass me just after the lighthouse and then proceeded to miss the gate where James was standing and I regained the lead momentarily. Then over the Seven Sisters he led the way and finished about 300-400 metres ahead of me. I was beaten by a very quick runner...Ben Tickner, who runs 29 minute 10Ks and has a famous brother called Frank. Both of us had beaten the previous leg record but honours went to Phoenix. Next stepping up to the plate was the canny Irishman Daragh who raced off to catch the next Phoenix guy. Another solid performance from the men in green knocking minutes off his predicted time in 40.25.

Although, there was notoriety about Phoenix who had internationals and county runners throughout their team!

Liam was next to take up the baton and ran from Bo Beep to Itford Farm. A strong leg chopping minutes of his scheduled time but such is the dedication of this team; he was slightly cross with himself that he had missed going under 30 minutes by 20 seconds.

Boy Wonder, Lewis was next and took on the tricky leg 4 with the pressure of being tasked of beating the leg record. A tough ask on a windy leg but never the less kept us in second place with a good time of 44.15. At this point of the race we knew we were running for 2nd place as Phoenix had just set another leg record for the day and barring injury or getting wildly lost then they would certainly be crowned the winners, so dominant was their running on the day.

Running up to Ditchling Deacon was the next challenge for Chris, who flew up to the Beacon in 34.59, although confusion by the marshal at the handover at the end nearly saw Chris disappearing down the B road. The ginger assassin, James was up next, like a coiled spring he'd been itching to go for hours. Unleashed on the Downs he put his foot down and knocked out a quick time in 31.02.

If you've ever run the SDR you will know that running the second and third legs become a lot tough as your legs have already done one race in day and they have to do 3 races!

Leg 7 Saddlescombe was made interesting by a herd of cows by the exit gate which had to be negotiated quickly. Liam set off on the long leg 8 with a difficult descent right at the end before handing over to Lewis. A man on a mission, Lewis powered on to beat the leg record by just over a minute in 26.04. One record Phoenix didn't get on the day! Before you know it, we were halfway through the race and Daragh sprinted along leg 10 in 23.01. Chris covered a tough leg 11, which has a tough hill start and vicious downhill at the end in a great time of 37.58. James ran from Littleton Farm to Cocking in 34.29 and handed over to myself for the killer leg 13. I did have the advantage of knowing that our Vets team was only two minutes ahead of me. On climbing the mile hill out of Cocking, I and Mike White came across 3 tractors coming down the hill which cost us a little time.

Continued.....

Nobody likes to passed by one of their other teams especially not when they are running that leg. I passed Mike before the woods, with a quick acknowledgement I carried on and didn't look back, to finish in 43.21.

Liam was then worried that Andy might catch him on his leg which spurred him on to run quicker in 38.17. Daragh had the pleasure running up Butser and to Sustainability Centre in 28.52 which was a good minute plus off his expected time. Chris had leg 16 which is a nice leg before you get to the end and climb up to Winchester Hill, again he took chunks out of his expected time in 24.18.

Lewis as the best runner in the team had been chosen to do the toughest leg which was leg 17 with most teams taking over the hour to complete the longest leg at 8.65 miles. It is also the leg where you can support your runner in a few places like Exton and Milburys pub where the rest of team can cheer on their runner while enjoying a cool refreshing drink, except James who had leg 18 to do. It was fabulous time of 52.52 which was good enough for second fastest on the day behind flying Phoenix team.

James was then in the position to do the glory leg and try to catch Ladies and the B team which were also on leg 18. He was told at Cheesefoot Head viewing point that the ladies were just two minutes ahead, which was a slight lie by his Captain but had the desired result of motivating James. In the end we just couldn't catch Ladies and B team but after a day's racing we were only 2 minutes on the clock behind both teams.
At the end we had finished 2nd in a great time of 10 hours 46 minutes behind a very good Phoenix team that had acquired 7 leg records on the day. I would like to thank my team for giving 110%, including Ray and Del who did a great day of navigating around the Downs.

Not to mention the wonderful Stubbie marshals at Harting and the Stubbie supporters that had travelled up to see our teams at Harting and other parts of the course on the day. Look forward to doing it all again next year and the date is already on my calendar...7th June.

Leg	Miles	Ladies		Vets		A Team		B Team	
1	6.25	Tanya	48.34	Dave	47.04	Andy S	40.42	John B	50.17
2	5.5	Georgie	46.36	Euan	40.25	Daragh	40.25	Nick C	46.35
3	4.5	Rachael	35.41	Mark	28.48	Liam	30.20	Marcus	32.03
4	7.5	Gill	58.20	Graham	49.44	Lewis	44.15	Neil	55.00
5	5	Susie	43.54	Andy Stockwell	38.52	Chris	34.59	Nick K	42.07
6	5	Lucy	38.10	Mike W	32.49	James	31.02	Jon	35.08
7	5.25	Tanya	36.45	Dave	36.04	Andy S	31.44	John B	38.36
8	6	Georgie	54.19	Euan	46.21	Liam	48.32	Nick C	53.35
9	4.5	Rachael	36.26	Mark	29.17	Lewis	26.04	Neil	34.09
10	3.75	Gill	28.29	Andy Stockwell	23.58	Daragh	23.01	Marcus	25.05
11	5.25	Lucy	49.35	Graham	40.55	Chris	37.58	Nick K	46.02
12	5.25	Susie	40.40	Dave	36.58	James	34.29	John B	38.52
13	6.25	Tanya	52.03	Mike W	48.38	Andy S	43.21	Jon	54.27
14	5.5	Rachael	44.29	Andy Stockwell	39.47	Liam	38.17	Nick C	42.56
15	4	Georgie	32.03	Mark	28.33	Daragh	28.52	Neil	32.55
16	4	Gill	30.13	Graham	26.23	Chris	24.18	Nick K	29.44
17	8	Susie	73.07	Euan	61.32	Lewis	52.52	Marcus	66.53
18	5.5	Lucy	44.50	Mike W	37.04	James	34.49	Jon	39.04
	97.5	Total Time	13.14.01		11.33.12		10.46.00		12.44.04
		Position	2nd		3rd		2nd		3rd

South Downs Way Relay 2013 Ladies' Team Reports

Collected by Penny Forse. I was so very pleased to be involved as co-navigator & time-keeper and was totally in awe of our whole team's brilliant efforts & Sally's captaincy & amazing driving.

Lucy May

Well, my 6th year running (excuse the pun!) in the Ladies South Down Way Relay Team and yet again the experience didn't disappoint. I'd had a good couple of months training following an injury at the start of the year.

Friday was mostly spent nervously sat at work looking through our previous years times, predicting who would run quicker and what I thought might be our finishing time. However, predictions can't always be relied on, as conditions each year are different, this year it was hotter and windier than last year.

Having got up at 2:50 I had the longest wait until I started my first leg (6) at around 10am. Lots of nervous energy had built up and I shot off quickly up the steady incline then realised I had to contend with the strong cross wind so I slowed to a good steady pace. Towards the end of the leg I realised I might be close to beating last years leg time but alas I was 12 seconds slower. Then came leg 11, having reached the road at the top of the hill I was on for a good time but when I finally reached the top of the first hill the wind was slightly stronger which slowed me down slightly. A nice downhill finish I tried to push it as hard as I could to make up some time but unfortunately I was about 1min 30 off of last years time, however faster than the other three times I've run this leg. The pictures that Ann Blake took at the end of leg 11 showed how much I had put into it, the marshal had to 'prop' me up while I waited for a gap in the traffic to cross the road. I crossed the road to Ann's outstretched hand to help me and collapsed in a heap while people fed me glucose tablets and water.

Trying to refuel on route I slowly felt better, ready for the glory leg. Having been informed by marshals at Harting we knew we were close with Hailsham, the only time I noticed them on route was at the start of leg 18 which added to the pressure. Having a quick pep talk with Penny I thought I needed to get off to a good start (a much better action shot photo from Ann!) to hopefully scare Hailsham who were watching us closely. Knowing that every second counted I pushed as hard as I could for as long as I could. Leg 18 is a nice leg with a good long downhill towards the end, however that downhill hurt as much as the uphills.

Feeling very sick (and vision occasionally going a bit blurry) I was nearly at the end, my running form and style had completely gone and looked drunk. I finally reached the gap in the fence onto the finishing straight, welcomed by the cheers from the Stubby teams I suddenly heard "go James, go Jon! Go Lucy!" Not knowing how close the guys were (Andy was joking with the James cheer!) I don't know how I found the energy but I picked up the pace for a sprint finish to make sure we stayed ahead of our men's teams - then finally collapsed in a heap having given everything I had. Then came the agonising wait to see how far behind Hailsham were, but unfortunately they came into the field within the 30 minutes we needed to maintain.

However, I'm very proud of our second place, Hailsham are a good team having won it and placed in three out of the four previous years we've raced them. A huge thank you to our brilliant Driver, Captain Sally and timekeeper Penny. Well done to those who got a Stubby Ladies leg record Tanya (leg 1), Georgie (leg 2, 8 & 15) Rachael (leg 14) & Gill (leg 16) Looking forward to next year already!

Rachael Openshaw

"Making the South Downs 100 Mile Relay Ladies Team is an honour and a privilege, as it seems to be the pinnacle of the running year for the club. For me this was my fourth year of having the pleasure (not sure I agreed with that when my alarm wet off at 3am on Saturday morning!) to represent the Stubbettes in this tough, but rewarding relay.

Firstly, a huge thank you to Sally, who was our driver for the day. How the hell she drove that mini bus across the South Downs with out any power steering I'll never know! And to Penny, who was our timekeeper for the day. Without all of their help and support we would never have been able to achieve what we did. The fact that we only have to worry about running, while they're busy navigating through rural country lanes, recording our leg times and of course finding those all important toilet stops, shows just how dedicated they are in helping us achieve what we've been able to achieve over the last few years, when we all know that they would much rather be out there running this race with us.

And of course, thanks to my fantastic team mates....Georgie, Gill, Tanya, Lucy and Susie. What goes on in the Stubbettes South Downs Team Bus stays on the Stubbettes South Downs Team Bus!

To finish in 2nd place only 1min 5secs behind the winners, Hailsham Harriers, was gutting. After 100 miles of running it had come down to them being less than one second ahead of us per mile. The world of sport can be cruel at times but on the bright side, the Men's A and Men's B teams also finished runners up in their categories and the Men's Vets finished 3rd. There aren't many clubs who can field four teams for this event, and have them all ending up on a podium finish. This just shows what a great club we really are and what great strength in depth we have.

But as always, this day, the race, is not just all about the runners. It's about the drivers who give up an entire day to ferry around, 6 sweaty, smelly, moaning, runners for the best part of 16 hours. It's about the marshals up at Harting Down who do such a great job in ensuring that the leg 13/14 change over is completed smoothly. It's about the supporters that come out en route to cheer on the runners. With out their selflessness, we would not be able to compete at such a high level in this race year after year.

After Tanya's storming battle with Chichester on leg 1, Georgie set off on leg 2 only metres behind Chichester's runner, which left me somewhat nervous as I was next up on leg 3. Anyway, Georgie came over the brow of the hill at the end of leg 2 in pole position. Needless to say my heart leapt out of my mouth and I new I was going to have my work cut out. Off I went up through the gates and off along leg 3. I was so certain that at any minute I would hear footsteps behind me and would be overtaken by the Chichester girl. As a I went through the first gate I had a quick glance back and was surprised to see that there was no one chasing me down. The same thing happened again at the other gates en route. Where were they? Finally I could see down the valley below that Itford Farm was only a few minutes ahead of me. I handed over to Gill who had a great run on leg 4 and still Chichester were no where to be seen. We'd opened up quite a big lead between us and the other 6:30am ladies teams and we were beginning to catch the 6:00am ladies. The day was starting to look pretty good!

Leg 9 was my second leg and off I went down the hill and through the woods. As I approached the dreaded uphill about a mile into this leg I could see another lady runner in front of me and used her as my marker to get up the hill as quickly as possible. The gap between us was closing and as we approached the last part of the climb she began to walk and I knew that if I just hung on a little longer I would soon reach the top of the hill and would over take her. As I went through the fist gate I slammed it shut behind me with out looking back and counted the seconds until I could hear her come through it.....1, 2, 3...10 seconds and I thought to myself, there is no way I'm going to let you over take me! I tried to pick up the pace and as I approached the final down hill section, there didn't seem to be much green activity going on at the change over. I know I wear contact lenses but I'm not that blind! Apparently I was running too fast and Gill was still tying her shoelaces!

Leg 14 was my last leg and was not something I was looking forward to, as it now includes the infamous Hall's Hill at the end! As I began to approach Hall's Hill I could hear this Scottish voice bellowing at me through the trees and was greeted by Donna and my friend Claire, who were following the relay on their mountain bikes. As I ran up Hall's Hill, Donna casually cycled past me saying something along the lines of "I'm not letting you walk up this hill, I want you to catch me on my bike". Yeah right I thought. I was now panting like a trooper and thought I was going to pass out if I didn't get to the top soon. On to the lovely flat, asphalt finish and I handed over to Georgie who skipped off up Butser Hill.

I finished leg 14 only to be greeted by the words "you look dog ruff" by Claire. On returning to the minibus Lucy updated the all-important spreadsheet with my time, 44:29, and announced that I'd beaten Sally's leg 14 record by 1 min 38 secs. Finally, I had set a Stubbettes leg record! It had only taken me four gruelling years of trying and in a few hours time I would have a South Downs runners up medal to accompany my winners medal from 2012. I'd take looking dog ruff any day to have those achievements on my running cv!"

Gill Rose

Those of you that know me will know that a 3am alarm call is known as torture and only attempted in extreme circumstances, namely holidays or the South Downs Way Relay.

But after a few hours sleep I crept out of the house to meet my team mates in Whiteley at 4am and board our "rustic" mini bus (many thanks to Solent Mind for the free use of the mini bus and getting it on the road for us). If I wasn't wide awake then, I most certainly was when we arrived at the blustery Beachy Head and Georgie suggested we go for a little warm up jog!

Having run the SDW relay 2 years ago I knew what to expect, so no surprises when I started promising myself "never again" on my first leg! So why do it? What is it about the whole thing that makes it so compelling?

I have no words that really do it justice or explain the contradictions of the day. It is an unbelievably hard challenge in so many ways - the running flat out on hilly off road terrain three times in one day, the nutrition, the hydration, keeping your muscles from seizing up, the constant in and out of the mini bus, not to mention the 3am rise and the 11.30pm bedtime!

But I still had a brilliant time and feel amazing about the whole thing and I can only put that down to one thing - my TEAM - Georgie , Susie, Tanya, Lucy and Rachael . They are all amazing people who are so committed to giving everything they've got and more for the team, no matter what the cost.

I have to thank two people without whom the day wouldn't have run anything like as smoothly –Sally McGrath, who is without doubt a wicked mini bus driver, and Penny Forse, our very able and organised time keeper and co pilot. Oh and thanks to the little man who kept popping up during my runs and opening the odd gate for me J
I am so proud of myself and my team and proud to call myself a Stubbie. And just a little bit pleased that Old Winchester Hill did NOT beat me!!

Tanya Brady

MY THOUGHTS PRE, DURING & POST SDWR 2013

PRE-SDWR
"Who will be in the ladies team?" Tanya, Georgie, Gill, Susie, Rachael and Lucy.
"What legs will I be given?" Legs 1, 7 & 13 – yikes, double hill shocker with 7 sisters AND Cocking to Harting Down!

"Will the recces take up every weekend between Easter and race day?" No, I had two lovely, dry, sunny daytrips out for recces, accompanied by John Blake and Nick Kimber. ("Hope it isn't foggy on the morning as those cliffs are so high on the 7 sisters").

"How will we get around on the day?" After much research and discussion amongst the team to keep us together, Gill came up trumps with a minibus, via her work. Sally was our driver and Penny was co-driver, chief booker-in-er at each handover and timekeeper.
"How early will we be leaving?" 0400hrs at Solent Hotel – unreal!
"How will I get to the Solent Hotel for 0400hrs with only one car in our family?" Thanks Lucy and Phil for coming to collect me.
"Will my knee hold up through the exertions of the SDWR day?" A week before race day, I couldn't even walk up the stairs without pain, so that was a nerve racking week with a lot of icing and stretching.

DURING THE SDWR
"Will the toilets be open at the car park at Beachy Head?" No, really must write to Eastbourne Council to complain.
"The jungle drums of SGRC are working well in this car park as now all of the ladies and B team are asking about my knee". Yikes, no pressure, please see point 7 above.
"Will we have the same briefing before the start about it all being too late if you haven't recced and you will fall off a cliff, or worse?" Yes, although he did seem marginally more cheery this year!

On about the 5th of the 7 sisters – "I need to think of something very important to be doing on the 1st Saturday of June 2014 and 2015 so as to not have to go through this again."
At the end of leg 1 – "I WILL be busy next year on 1st Saturday of June however, my knee seems OK so far (see points 7 & 9)."
"Leg 7 still has a horrible start out the car park, but I am sub 6 minute miles on this downhill section. Hope my knee holds up. My core, pelvic and shoulder stability has really improved since starting a Pilates class in February – I must report back to my instructor at my next lesson."

At the end of leg 7 "yikes, I can't see any of the green army, hope they haven't got stuck in traffic. Running leg 1 and not the shortened leg 2 of last year, before leg 7 meant my time was slower than last year's leg 7 time – bother, this doesn't bode well for leg 13."
During legs 8 & 9 – "Sorry ladies, I am too hungry and tired to get out the minibus to cheer you on as I have drinking, eating and resting to do."

"My knee is now sore, where's Lucy as I think I need to finally try her magic tape?" Found her, she taped it up and it really does work – my knee was pain free!
At the end of leg 13 Sean's comment was something along the lines of "I haven't seen you that broken (exhausted) for a long time". Nick Kimber also came up with something equally witty, but I was too knackered to properly remember it!

Continued……..

At the Sustainability Centre "Is it really all over, I am so exhausted from racing 17 ¾ miles today? I can't believe that the café is closed, all I want is a cup of tea"
Waiting at Chilcomb finish field for Hailsham Harriers to finish – "I really hope that it doesn't come down to seconds between 1st and 2nd place."
It did, we were 2nd by 1 min 15 seconds – b***er, gutted!

POST SDWR

"That was an amazing sprint finish by Lucy against John Leigh (B team) and haven't the SGRC Ladies done well to not be overtaken by the SGRC A, B or Vets teams?!"
"My knee has just about held out thanks to Lucy's magic Rock tape – really must by some and book an appointment with the chiropractor ASAP."
"I am even more tired than past years, no doubt due to the evil combination of 7 sisters (leg 1) and then Cocking to Harting Down (leg 13). My time was slower than last year's too – see point 14."
"We all did the best that we could on the day, but we will come back faster and stronger next year to regain our title. Not that I'll be available…"
"The SDWR is such an amazing day and epic event, made all the more fun by the amazing SGRC green army".
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